

# Baby Lose My Breath

**COPPER** **KNOB**  
BY STEPHENETS

Count: 64

Wall: 1

Level: Phrased Intermediate

Choreographer: Bambang Satiyawan (INA) & Risma Yulana (INA) - September 2019

Music: Lose My Breath - Destiny's Child



Dance Sequence: A-B-B - A-B-B - A-A-A - A-A-A...

Start dance on vocal,

## PART A

### SECTION I. PRISSY WALK-OUT JUMP-HEEL TWIST-BEHIND-SIDE-CROSS-SIDE TOUCH-TURN ¼ LEFT

1 - 2&3&4      Cross R over L, Cross L over R, Step R to side, Step L to side, Twist R heel outside, Inside  
5&6 - 7 - 8      Cross R behind L, Step L to side, Cross R over L, Touch L to side, Turn ¼ left weight still on  
R and point L

### SECTION II. CLOSE-PIVOT ½ LEFT-PIVOT ¼ LEFT-BODY ROLL AND CHANGES WEIGHT-CLOSE-SIDE-CHEST CONTRACTION

&1 - 2 - 3 - 4      Close L beside R, Step R forward, Turn ½ left Step L in place, Step R forward, Turn ¼ left  
Step L in place  
5 & 6 - 7 - 8      Body roll to right, Close L beside R, Step R to side, Push your chest forward twice

### SECTION III. CROSS-SIDE TOUCH-PIVOT ½ LEFT-SIDE-HIP BUMPS-FLICK

1 - 2 - 3 - 4      Cross L over R, Touch R to side, Step R forward, Turn ½ left Step L in place  
5 & 6 & 7 - 8      Step R to side, Hip bump to Right, Left, Right, Left, Flick R behind L

### SECTION IV. TURN ¼ RIGHT AND FORWARD-PIVOT ¼ RIGHT-CROSS-TURN AND BACK-TURN AND SIDE-SNAP- CHEST CONTRACTION

1 - 2 & 3 - 4      Turn ¼ right Step R forward, Step L forward, Turn ¼ right Step R in place, Cross L over R,  
Turn ¼ left Step R back  
5 - 6 - 7 - 8      Turn ¼ left Step L to side, Snap your fingers, Push your chest forward twice

## PART B.

### SECTION I. HITCH-LONG STEP-DRAG-TOUCH-1/4 TURN LEFT-KICK BALL TOUCH-PRISSY WALK.

&1-2-3-&4      Hitch on R, Long step R to right side, drag L nearly to R, continue drag, Touch L Close to R,  
Twist R to ¼ to left (Facing 9.00)  
5&6 7 8      L kick forward, L step Close beside R, Touch R to right side, Step cross forward, Step L cross  
forward.

### SECTION II. TOUCH, BENDING KNEE, DRAG, 1/4 TURN RIGHT, BODY WEIGHT CHANGE, RAISING ON TOE.

1-2-3 &4      Touch R to right side (Banding knee on L), drag R nearly to L, continue drag, touch R Close  
to L, Twist L to 1/4 right (Facing 12.00) body weight still on L  
&5&6&7&8      Step R to side, raising on Your L toe. (Body Angle to 11.00) Step L in place, raising on Your  
R toe (body Angle to 1.00) Step R in place, raising on Your L toe (body Angle to 11.00) Step  
L in place, raising on Your R toe (body Angle to 1.00)

### SECTION III. SAILOR STEP-TWIST

1&2 3&4      Cross R behind L, Step L to Side, Step R to side, Cross L behind R, Step R to side, Step L to  
side  
5&6 7&8      Twist R, L, R. L, R, L.

### SECTION IV. KICK BALL TOUCH-FORWARD-PIVOT-WALK

1&2 3&4      Kick R forward, step R forward, L touch to side, Kick L forward, step L forward, R touch to  
side  
5 6 7 8      Step R forward, pivot ½ to left (weight on L) Step L in place, Walk R-L

Enjoy the dance,

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